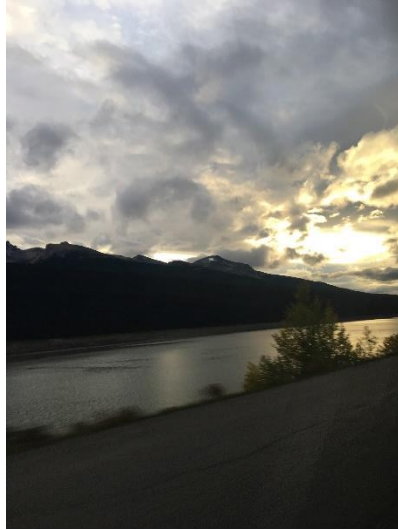


TAKING CARE OF YOURSELF

REST



It was unfortunate for me that I caught Corona. It took 28 days to get over the worst of it. I still thanked God that I did not have to go to hospital. But it made me think of those who did need to go to hospital because how must they have felt. Because I am asthmatic, I am still not over it completely. But I am getting there. All of this prompted me to write an article this week about taking care of yourself.

We have been on lockdown for quite some weeks now. And I am hearing more and more on the news how people are suffering because of it. I am sure many of us are feeling a bit run down and weary. You get so tired being on internet all the time. Things are not "normal" at present. Are you wondering if everything will ever get back to normal again?

We serve a God who does not just leave us to it. As we read in Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit?" Hope. This is something many people are looking for today. And we have that hope. Given to us by God through the power of the Holy Spirit.

But in real life trusting God does not mean that what is going on now does not affect us. We have stress and many of us have faced loss. We are after all humans. And that is what Satan is banking on because he loves to take advantage of us when we are at our lowest. That is why it is so important to take care of ourselves both physically but also spiritually.

These days many people brag about how busy they are. Sleep seems to elude many of us as we try to cramp as much as possible into a day. We fall asleep with square eyes from staring at screens all day and wonder why we are so restless. If we do take rest, we worry that people might think we are lazy. Making time for yourself seems impossible. We do not even take time to listen to nature which is blooming all around us. Yet one of the important aspects of taking care of yourself is REST.

We all know about CELEBRATIONS. This is a health programme the church has set out. It is an acronym for 12 healthful living principles.

1. Choices
2. Exercise
3. Liquid
4. Environment
5. Belief
6. Rest
7. Air
8. Temperance
9. Integrity
10. Optimism
11. Nutrition
12. Social support and services

Because I am talking about Rest this time you can visit our resource page <https://ted.adventist.org/women-s-ministries/resources> and download a presentation on Rest from the Celebrations programme. You might like to share it and discuss it with your women's group as you study and talk together.

The Bible has a lot to say on rest. One of the most well known is Matthew 11:28-30: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Why is it that many of us do not take rest?

In Genesis 2:2,3 we read: "By the seventh day God had finished the work he had been doing; so, on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

God rested, yet we feel we can go on 7 days a week. Even if we do believe in Sabbath. Sometimes Sabbath can become the busiest time of the week. In this time of pandemic, I am taking Sabbath rest. Friday evening, I turn off my phone and do not turn it back on until Sunday. I discovered that on Sabbath I was receiving more What's App's than any time during the rest of the week. I do not want to be watching screens all day. I want to find rest in Jesus. I want to

study his word, go out in nature and see what God has made, I want to read scripture and let it fill me and I want to listen to music which uplifts me.

If we do not do this for ourselves who is going to do it for us. I read this quote from an unknown author: Push yourself, because no one else is going to do it for you. How true it is. It all starts with me. If I need rest, I need to make sure I get it. When we are rested, we can "be" so much more to those around us.

So please take care of yourself. REST.